



Stuffed Poblanos



Vegetarian



Gluten Free



Very Healthy

READY IN



60 min.

SERVINGS



5

CALORIES



787 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce canned tomatoes crushed undrained canned
- ☐ 1 cup corn kernels frozen thawed
- ☐ 4 ounces monterrey jack cheese shredded reduced-fat
- ☐ 15.5 ounce natural butter extract
- ☐ 7.5 ounce pinto beans
- ☐ 10 large poblano pepper
- ☐ 1 tablespoon taco seasoning

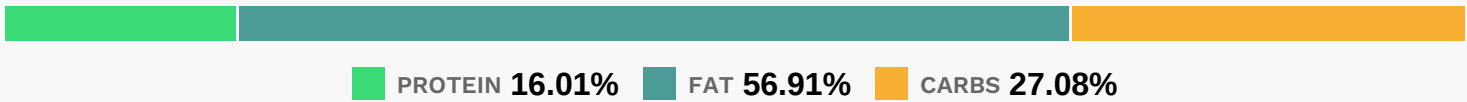
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Cut a lengthwise strip from each pepper. Chop enough of pepper strips to measure 1/2 cup; reserve remaining strips for another use.
- ☐ Remove and discard seeds from peppers. Cook peppers in boiling water to cover 5 minutes; drain and set aside.
- ☐ Cook bean mix according to package directions, omitting fat and seasoning packet.
- ☐ Combine chopped pepper, bean mix, corn, and next 3 ingredients. Spoon evenly into peppers; place peppers in a 13- x 9- x 2-inch baking dish.
- ☐ Add hot water to dish to a depth of 1/4 inch.
- ☐ Bake at 350 for 20 minutes or until thoroughly heated.
- ☐ Position knife blade in food processor bowl; add salsa. Process until smooth. Spoon salsa onto plates; top with peppers.

Nutrition Facts



Properties

Glycemic Index:19.7, Glycemic Load:4.47, Inflammation Score:-10, Nutrition Score:42.285652240981%

Flavonoids

Luteolin: 15.45mg, Luteolin: 15.45mg, Luteolin: 15.45mg, Luteolin: 15.45mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 7.25mg, Quercetin: 7.25mg, Quercetin: 7.25mg, Quercetin: 7.25mg

Nutrients (% of daily need)

Calories: 786.68kcal (39.33%), Fat: 53.52g (82.33%), Saturated Fat: 13.75g (85.91%), Carbohydrates: 57.29g (19.1%), Net Carbohydrates: 41.13g (14.96%), Sugar: 22.65g (25.17%), Cholesterol: 20.18mg (6.73%), Sodium: 381.13mg

(16.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.86g (67.73%), Vitamin C: 272.63mg (330.46%), Manganese: 2.08mg (103.83%), Vitamin B3: 14.61mg (73.05%), Vitamin E: 10.76mg (71.75%), Vitamin B6: 1.38mg (68.86%), Fiber: 16.16g (64.65%), Magnesium: 229.1mg (57.28%), Phosphorus: 565.52mg (56.55%), Folate: 209.68µg (52.42%), Potassium: 1560.65mg (44.59%), Copper: 0.85mg (42.71%), Vitamin A: 1632.53IU (32.65%), Vitamin B1: 0.48mg (32.01%), Vitamin K: 31.1µg (29.62%), Calcium: 294.51mg (29.45%), Iron: 4.92mg (27.36%), Zinc: 4.06mg (27.09%), Vitamin B2: 0.45mg (26.4%), Vitamin B5: 1.75mg (17.46%), Selenium: 10.24µg (14.62%), Vitamin B12: 0.19µg (3.14%)